



MHOR 84 10K - Sunday 7th June 2026

Many thanks for entering the Mhor 84 10K 2026. All event information can be found on the pages below. If the answer to your question is not there please email events@tayfitness.com. Please pay particular attention to the information in **RED**. We look forward to seeing you on the day,

Tay Fitness Events

Program Of Events

9.30am	Car Park, Drop Off Zone and Information Desk Opens
9.30am	First Bus Departure to Mhor 84
11.55am	Race Safety Briefing
12pm	10K Wave 1 Starts
12.10pm	1K Fun Run - 1 st Start
1.30pm	10K Wave 2 Starts
1.30pm	1K Fun Run - 2 nd Start
4pm	Last bus departs Mhor 84

Event Registration

ALL PARTICIPANTS WILL RECEIVE THEIR RACE NUMBER/TIMING CHIP IN THE POST PRIOR TO THE EVENT. RUNNERS WHO FORGET TO BRING THEIR NUMBER TO THE EVENT OR LOSE THEIR NUMBER MUST PURCHASE A REPLACEMENT NUMBER FROM THE INFORMATION DESK AT A COST OF £2. IF YOU HAVE GOT YOUR NUMBER, JUST TURN UP AND RUN!

Late entries for the 10K and fun run can register on the day, should there be spaces remaining.

Start Times

There is a 10K start at 12pm and at 1.30pm, which you will have selected when you registered. Please do not run at the alternative time in order to minimize congestion on the route.

Safety Briefing

There will be a short safety briefing before each race start. Please ensure you are there on time to hear the briefing.

Car Parking

Car Parking: As per last year, the event parking will be based in the village of Lochearnhead, which is 3 miles north of Mhor 84, with the only exception being for disabled parking.





Buses: We will be operating a free bus to take participants and spectators from Lochearnhead to Mhor 84, the event hub and return them back to Lochearnhead after the event. Buses will run, once full, from 9.30am until approx 4pm after the event.

Drop Off System: We will be operating a drop off system outside Mhor 84 whereby spectators travelling with participants can drop them off at Mhor 84 and then just the driver can go to the event car park, before returning by bus.

Journey Time: The bus journey will take approximately 10 minutes from the event car park to Mhor 84. Participants should arrive as early as possible to allow adequate time to park, if not being dropped off, and get to the start at Mhor 84.

Parking Restrictions: There is no public parking available anywhere in Balquhidder Glen. All vehicles will be directed by event marshals to the event parking in Lochearnhead.

Bag Drop: There will be a bag drop at Mhor 84 for participants to drop off any belongings that they need before or after the event.

We understand you may feel the new parking plan could be inconvenient. However, we will be taking every possible action to ensure that it runs as smoothly as possible and we thank you in advance for your understanding.

On the Day Facilities

On the day facilities, which are available for all participants and spectators to use are as follows: toilets, disabled toilets, changing tents, baggage drop and first aid.

Directions to Mhor 84

From Edinburgh and Glasgow (The South and West) - Follow directions towards Stirling, leaving the M9 at Junction 10. At the roundabout take the 2nd exit for Crianlarich (A84). Follow this road for approximately 40min. You will pass through Doune, Callander and Strathyre. The parking field is approximately 2.5 miles beyond Strathyre on the left side of the road, it is well signposted.

From Perth and Aberdeen (The East and North) - Follow directions for Crianlarich (A85) from Perth. You will pass through Crieff, Comrie and St Fillans. When you get to Lochearnhead turn left. Drive for another 3 miles, through Balquhidder Station and you will see signposts for Mhor 84 and the event parking on your left hand side.

Event Start and Finish

The start and finish is located right outside Mhor 84. As you finish the event you will run through the finishing funnel and under the finishing gantry. You will then receive your medal and water.





Prizes will be awarded to the top 3 men and women and category winners (see website for details). Finish times from each 10K event will be combined to produce the winners overall.

Fun Run

The fun run is open to people of all ages. Children under the age of 5 must be accompanied by an adult. Those aged 5 and over can run by themselves at their parent's discretion. The fun run will start at approximately 12.10pm and then at 1.40pm. The fun runners will run down the road, under the A84 then turn left on to route 7 cycle path. After a distance of 500m they will run round a cone and back to the finish line at Mhor 84, where they will receive their finishers medal. ALL children must be collected by an adult at this point. Please do not leave your child unsupervised while you run in the half marathon, there are not enough marshals to look after any children.

Event Catering

All catering is provided by Mhor 84 who are hosting the event. Please note the event food vans are operating on a CASH ONLY basis.

Event T-Shirts

Event t-shirts, which were ordered when registering online for the event or from the event shop, can be collected from the t-shirt stall on the day of the event. You must collect the size you ordered. If you wish to swap it for another size, this can be done depending on what spare sizes are available. On the day purchases are subject to availability.

Medical Conditions

Please complete the back of your race number with relevant medical conditions. If you have any type of condition or are currently taking medication please write a large 'MC' on the front of your race number and wear it on your front at all times.

Water Stops

10K runners will pass 3 water stops at 2, 5 and 8 Km approx. There will be volunteers on hand to give out cups of water, energy drink and sweets. Please dispose of your cups at the tables or by the side of the route so the race marshals can easily collect them.

Distance Markers

Large blue distance marker signs will be around the course every mile to help you judge your pace and so you know how far you have left to run.

Electronic Timing and Results

Electronic chip timing is being provided by Perfect Timing Scotland. The race numbers contain a disposable timing chip, which will record your time so it is critical you don't swap numbers with anyone. This will enable all runners to receive an accurate finish time. You will receive an email after the event when the results are available online.





Photography

There will be event photographers present at the event to photograph all competitors. You will receive an email when these photos are available to view online.

Finally...

There are a large number of people who are helping out with the event on the day and have volunteered their time to help make the event a success. Please give these people a smile and a 'thank you' as you run past!

